



YOU DID THIS

Heart of the East Campaign Update

March 2023

**A report to
our valued donors**



**the
heart
of the
east**



Now **this** is progress

For years, the team at Michael Garron Hospital has been changing and saving lives in aging facilities. Through our Heart of the East Campaign, you're helping our spaces match the quality of care for which we are known. Because of you, we exceeded our initial fundraising goal of \$100 million, allowing our foundation to provide more support than expected toward Michael Garron Hospital's redevelopment and its most pressing needs.

Together with tens of thousands of friends and neighbours, you helped us reach \$126 million in funds raised. Thank you!

Original Heart of the East Campaign goal

\$100 million

Funding secured to support the hospital's redevelopment and most pressing needs

\$126 million

This February, we opened the Ken and Marilyn Thomson Patient Care Centre. We're deeply grateful to the community of donors who enabled us to reach this important moment in our hospital's history.

...and it's made possible by you



27,120 individual donors



7,924 event participants



1,704 corporate partners and community groups



76 bequests from estates



151 charitable foundations

All figures as of February 2, 2023



This report is dedicated to you, in recognition of your outstanding contributions. In these next pages, you'll see how your donation to Michael Garron Hospital is changing lives for our patients and staff alike, and changing our community for the better.

Thank you for investing so generously in a better, stronger heart of the east. We hope it brings you great pride to see your gift in action.



Ribbon cutting on January 11, 2023 to mark the ceremonial grand opening of the Ken and Marilyn Thomson Patient Care Centre.

A new era of healthcare is here

Every aspect of the hospital's transformation is designed to meet the needs of people in East Toronto. The Ken and Marilyn Thomson Patient Care Centre encompasses convenient outpatient services and chronic disease care, modern patient rooms, improved mental health facilities and dedicated space for medical education - all reflecting the great care and sense of connection that are hallmarks of Michael Garron Hospital.

True progress often begins with donors. Some of the most ardent supporters of our hospital's redevelopment joined government officials, hospital staff, community advocates and members of the media at the ceremonial grand opening of our Thomson Centre.

Here's what they had to say:

"Members of the community have welcomed this new facility with warm embrace as for many years patients have craved a better experience especially in areas, like chronic diseases, that are disproportionately represented in East Toronto in comparison to the rest of the city."

- Amarachi Amadike, Local Journalism Initiative Reporter, Beach Metro Community News

"Michael Garron Hospital has provided care for four generations of my family. Through this experience, I've seen first-hand how MGH cares for its patients and puts community at the heart of everything it does. As a community member, the Thomson Centre gives me hope for the future of healthcare in East Toronto."

- Razia Rashed, patient and community member

"I know [my parents] would be really, really happy with this building. We had high hopes for what this building could be, but I think it's exceeded every expectation we ever had. My daughter was born here and we've become very frequent [visitors] here, for better or for worse and it sort of brings to the forefront another part of the equation of why this place is so special. We have amazing staff here, and I want to call out everybody... because it is fantastic."

- Peter Thomson, philanthropist and donor



One of our satellite operating rooms (photo by Ben Rahn/A-Frame).

Outpatient care that addresses the needs of our community

Our Ken and Marilyn Thomson Patient Care Centre has two floors of outpatient facilities designed with the unique health needs of East Toronto in mind.

Take the Chronic Disease Unit, which co-locates services for heart, kidney and chest conditions to enhance our clinicians' ability to collaborate on their patients' care. Built by your generosity, the unit brings together our Zeena & Farid Amarshi Family Cardiac Centre, Neo Azad Foundation Kidney Centre and Steel Canada Resources Ltd Chest Centre. This approach addresses the prevalence of chronic diseases in our diverse community and their often interrelated nature.

"I have several patients living with kidney disease and heart failure. The unit makes it so much easier for me and my cardiology colleagues to jointly meet with them," says Dr. Miten Dhruve, Director of our hospital's Nephrology Division. "Not only does this mean patients can visit the hospital less often, it helps us to minimize blood testing and to manage their medications effectively."

A welcome change

"It's like night and day," says Debbie Mockford when comparing our Neo Azad Foundation Kidney Centre to the former kidney clinic in our hospital's original 1929 building. "It's a much nicer atmosphere," she says, noting the large, light-filled waiting area that also has a TV.

Uplifting surroundings are particularly important for patients, like Debbie, who must visit our hospital frequently to have their kidney function assessed and medications adjusted.

Debbie was diagnosed with kidney disease in 2019, seven years after starting treatment for lung cancer and metastatic brain cancer. Unfortunately, kidney damage can be a side effect of certain anti-cancer drugs. While the cancer that spread to her brain is now gone, she continues to take medication for lung cancer; her condition has been stable for several years.



Debbie Mockford in our Neo Azad Foundation Kidney Centre.

Debbie is grateful for the great care she's received from the team at her neighbourhood hospital, including Dr. Miten Dhruve and Medical Oncologist Dr. James Bin. "It's a comfort to know I have a hospital where I can get really good care, close to home."

Building capacity

Additional outpatient facilities in the Thomson Centre include a wide range of clinics - everything from ultrasound imaging to rheumatology - and a state-of-the-art area for minimally invasive diagnostic and surgical procedures in the Leonard Richard Catford & Harold John Catford Outpatient Procedures Unit.

Two of the unit's eight procedure rooms are significantly larger. This enables them to serve as satellite operating rooms where our teams perform lower-risk surgeries, including cataract removal, knee arthroscopy and biopsies, providing a much-needed capacity boost as Ontario tackles a sizable surgical backlog.

And in the event that Ontario again faces a massive and unexpected surge in demand for inpatient beds, the Thomson Centre's outpatient exam rooms have been built in such a way that they can be quickly converted to inpatient rooms.

Thomson Centre outpatient facilities

By the numbers:



80% of outpatient visits take place in the Thomson Centre



74 exam/consult rooms where patients meet with clinicians



4 echocardiography rooms for monitoring heart function



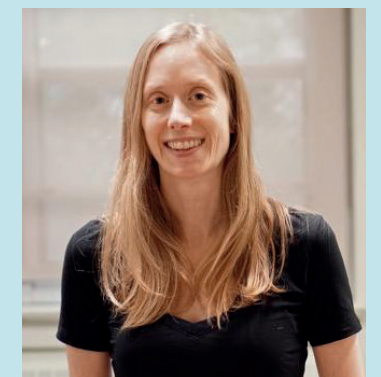
6 rooms for overnight sleep studies

Keeping airborne germs at bay

Many aspects of the Thomson Centre's modern outpatient facilities help prevent the spread of infectious diseases, a key element being the presence of several isolation rooms.

The negative air pressure in these rooms stops airborne diseases, such as tuberculosis, from escaping to infect others. An isolation room in the first-floor outpatient clinics area is especially beneficial for our infectious diseases physicians and their patients.

"Before our service moved into the Thomson Centre, we didn't have a dedicated isolation room," says Dr. Janine McCready, Infectious Diseases Physician (pictured here).



"Now we have one close at hand, providing greater convenience for our patients."



On the Huband Moffat Family Terrace, mental health patients benefit from safe, secure access to fresh air and gardens to help their recovery (photo by Ben Rahn/A-Frame).

“I recently went through the Thomson Centre as a patient and was so happy to see all the natural light and colourful artwork. Now the hospital is just as welcoming as its wonderful staff. My family donated in support of the mental health inpatient facilities, and we’re blown away by the end result. Everything – the modern patient rooms, the safety features and the terrace – will go a long way in supporting patients on the road to better mental health.”

-Jacquie Ison, proud supporter of Michael Garron Hospital along with her husband Stacey, her brother-in law Jordan, sister-in-law Yvette, and the family business, Toronto Honda and Toronto Kia

Dignified care for mental health

Tanya* was feeling helpless when she brought her son to our Stavro Emergency Department in January 2023. Her 16-year-old son had been struggling with feelings of severe anxiety and depression for months, and had only recently started to take an antidepressant medication. But just when Tanya thought her son’s mood was improving, he told her he was misusing his medication, making his condition worse.

During his week-long stay in our hospital, behavioural therapy and psychiatric treatment helped stabilize his mood and recalibrate his prescriptions. Because his grades had fallen sharply, he was also assessed for learning difficulties and supported with his schoolwork. Now he is home again and attending counselling.

“He’s doing so much better,” Tanya says. “I’m so relieved. We still have a long way to go but we’re on the right path now.”

As an East Toronto resident, Tanya was surprised to find the care her son needed so close to home. “I had no idea Michael Garron Hospital had such great programs for kids and adolescents in mental health,” she says. “I can’t say enough good things, so thank you.”

Enhancing care and supporting expertise

Thanks to your support, the six-bed Slaughter Family Child & Youth Mental Health Inpatient Unit in the Ken and Marilyn Thomson Patient Care Centre is designed to provide dignity and enhance the care for patients like Tanya’s son.

“The new space improves our ability to help young people get well enough to return home,” says Adina Hauser, Manager, Child & Youth Health Services. “There’s greater privacy for counselling and personal time. We also have more space for group programs, communal meals and recreational activities that support young people’s well-being.”

The unit’s rooms – all single occupancy with private bathrooms – now include showers. Shared spaces, such as a lounge, a dining area and a classroom, are bright and comfortable. Exercise

equipment, colourful murals and sensory tools are also available to aid relaxation, while numerous safety features ensure patients and staff feel secure. Large windows provide sunlight and views of the surrounding neighbourhood and patients can take in fresh air and gardens on the Huband Moffat Family Terrace.

Along with the new space, the mental health team is introducing a model of psychiatric care that builds and maintains trust between patients and staff. Called Safewards, it’s an internationally recognized program that has been shown to reduce violence by calming patients without the need for restraints or containment.

Tanya says the new facilities will contribute to patients’ recovery while supporting our team’s expertise.

“You have something special going on there,” she says of her son’s experience.

Improved adult mental health spaces

Your generosity also supports the Thomson Centre’s improved facilities for adults experiencing mental health challenges. All 44 rooms in our new Adult Mental Health Inpatient Unit are single-occupancy, offering privacy, comfort and safety. Patients can relax, socialize and enjoy daily routines in the lounge, dining room, kitchen and on the terrace.

* Names have been omitted by request.



Rooms for mental health patients are designed to be private, calming and safe (photo by Ben Rahn/A-Frame).



Our Thomson Centre's inpatient facilities are filled with natural light and colourful artwork by artists who are connected to East Toronto (photo by Ben Rahn/A-Frame).

A home away from home

When people are hospitalized for acute or chronic health issues, or recovering post-surgery, they need a welcoming and therapeutic environment that supports their care. Thanks to your exceptional giving, that's exactly what our Ken and Marilyn Thomson Patient Care Centre provides.

Its medicine and surgery inpatient units have 165 beds, 80% of which are in single-occupancy rooms. Large windows offer plenty of natural light and views of the city and Lake Ontario. Every patient has their own bathroom and shower for greater comfort and privacy.

"We've built our inpatient facilities to be soothing for patients and their loved ones, recognizing the vulnerability and anxiety our patients can feel," says Kathleen Dineley, Director of Medicine and Patient Flow. "From top to bottom, these spaces have been designed to promote physical and mental well-being."

No detail overlooked

Spread over four floors, the Thomson Centre's medicine and surgery inpatient units are packed with features that support patients and their families, such as:

- Bright rooms with ample space for mobility devices. Every patient has a wardrobe for their personal belongings and a chair that opens up into a bed to accommodate loved ones.
- Enhanced accessibility rooms outfitted with furniture and equipment to care for larger patients.
- Lounges where patients and their families can unwind and connect with others.
- Well-equipped rehabilitation rooms where patients work with physiotherapists and occupational therapists to regain their strength and physical abilities.

"In addition to the many benefits our inpatients will see and feel, these facilities also support our teams in delivering safe, high-quality care," says Kathleen. "For instance, ceiling-mounted lifts in all patient rooms reduce the risk of patient falls and staff injuries."

Mobile communication devices for staff minimize the need for disruptive overhead announcements. Additionally, real-time location system technology helps clinicians safeguard patients who are prone to wandering.

A source of inspiration

George Zarb went from sharing a room with three other patients to his very own room after being transferred to the Thomson Centre. He immediately felt comfortable in his spacious and quiet room. "The treatment and care at MGH has been amazing," says George, a dentist.

The Thomson Centre's modern design has even given him inspiration for how he can update his dental office to increase patient comfort. "The lights aren't harsh on your eyes and the paint choice really contributes to the feeling of cleanliness of the space."

Preventing transmission of infectious diseases

"Beyond providing comfort and privacy, the Thomson Centre's single-occupancy inpatient rooms are important in preventing the spread of infectious diseases," says Dr. Jeff Powis, Medical Director of Infection Prevention and Control (pictured here).




"These rooms replace some of the oldest in our hospital, the vast majority of which were multi-occupancy, extremely cramped and lacking centralized ventilation. This made it much more challenging to avoid disease transmission."


While 20% of the Thomson Centre's inpatient rooms are double-occupancy, they're spacious and equipped with advanced ventilation, and every patient has their own bathroom - features that prevent infection transmission.

The 22 isolation rooms throughout our medicine and surgery inpatient units help us to safely care for patients with infections that spread through the air.


Thomson Centre medicine/surgery inpatient units

By the numbers:

 **165** beds in large, bright rooms

 **6** lounges for patients and their loved ones

 **11,700** inpatient stays annually (projected)

 **4** rehabilitation rooms to support patients in regaining strength and physical abilities

Celebrating this milestone together

In October, before the Ken and Marilyn Thomson Patient Care Centre opened to patients, we welcomed some transformational donors to preview the new spaces. Our ceremonial grand opening followed on January 11, 2023. Here's a look at these celebrations.



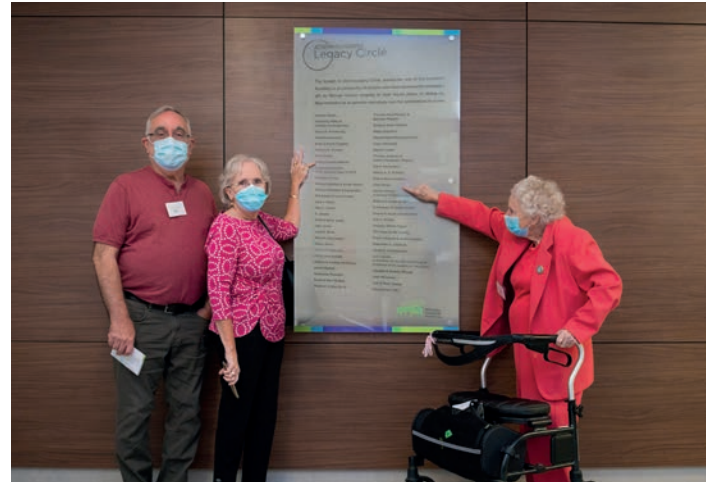
Doug Farley, Myron Garron and Berna Garron.



Rob Devitt, Jennifer Werry, James Werry and Dr. Rajiv Singal.



Dr. Allan Carswell and Ruth Graham.



Dave Debono, Susan Debono and Lilian Rowe.



K.J. Bush, Cindy Bush, Jennifer Bermingham and Andy Willis.



Eric Tripp, Maria Smith, Deb Kimsa and Howard Atkinson.



Ardy Khavari, Wahid Amarshi, Aaron Azad, Maria Leyderman, Annie Dewji and Akber Dewji.



Peter Thomson, Diana Thomson, Dr. Lisa Del Giudice and Mike Geddes.



Steve Giamos, Nadine Marangos, Stephanie Stavro, Connie Stavro Giamos and Dennis Marangos.



In our new Leonard Richard Catford & Harold John Catford Outpatient Procedures Unit, this spacious recovery area is for patients who have minor surgeries that don't require an overnight stay (photo by Ben Rahn/A-Frame).

Great care requires great tools

Generous donors like you have equipped our physicians and staff with new tools to help them provide the best possible care for everyone we serve. Here's a look at some of the equipment now in use at our hospital, thanks to your support:

Cardiology

- Three echocardiogram machines provide 3D images that allow physicians to accurately pinpoint patients' heart function, reducing the need for more invasive tests.
- GE Viewpoint 6 System software measures heart function for adults and children. This makes us one of very few hospitals in the city offering paediatric ultrasounds, helping children in East Toronto get diagnosed close to home.

Imaging

- CT scanners – one of which is used exclusively in our Stavro Emergency Department and another in the Margaret Chambers Diagnostic Imaging Department – are in almost constant use.
- A 3T magnetic resonance imaging (MRI) machine provides faster scans and improved image quality.
- A fluoroscopy machine allows clinicians to view live X-ray images of organs and tissues, using about 60% less radiation than the machine it replaced.

Intensive Care Unit

- A bronchoscope is crucial for diagnosing and treating lung conditions. Its large video screen also allows clinicians to supervise and teach medical residents and fellows during procedures.
- Ventilators have been literal life-savers, particularly when COVID-19 brought patients to our ICU with severely damaged lung function.

Obstetrics

- Beds in our Family Birthing Centre are comfortable and adjustable for different labour and delivery situations.
- State-of-the-art incubators regulate babies' temperature, oxygen and humidity, while shielding them from allergens, germs and noise.

Ophthalmology

- Slit lamps provide ophthalmologists with magnified views of patients' eyes.
- Microtomes assist in preparing tissue samples for testing.

Surgery

- An anterior hip surgery table positions patients so that surgeons can operate with minimal muscle damage, helping people recover faster from surgery.
- Diagnostic ultrasound units are used by anaesthesiologists to observe patients' blood vessels and nerves, so they can deliver local anaesthesia with extreme precision during surgery.

While the government funds the hospital's general operations, we rely on our donors to fund new equipment. With your support, more than 8,000 pieces of furniture and equipment were purchased as part of our redevelopment, helping our team to deliver great care with compassion and efficiency.



Donors' generosity is celebrated on the centrally located donor wall in the new lobby (photo by Ben Rahn/A-Frame).

Recognizing your lasting impact

Every gift to Michael Garron Hospital makes a vital impact for the people we serve. Our appreciation for donors like you runs deep.

Throughout the hospital, donations are celebrated as we stretch each dollar invested in this important cause to its furthest extent. We're pleased to honour some of our most generous supporters by naming the following spaces, which recognize gifts of \$1 million and up.

In the Ken and Marilyn Thomson Patient Care Centre:

- Carswell Family Centre for Medical Education
- Dewji Family and Mr. Lube Parking Garage
- Dr. Molly Rundle & Stephen Lister Auditorium
- Huband Moffat Family Terrace
- Leonard Richard Catford & Harold John Catford Outpatient Procedures Unit
- Moez & Marissa Kassam Food Court
- Neo Azad Foundation Kidney Centre
- Slight Family Child & Youth Mental Health Inpatient Unit
- Steel Canada Resources Ltd Chest Centre
- Tripp/Smith Family Foundation CT Scan
- Zeena & Farid Amarshi Family Cardiac Centre

In our legacy campus:

- BMO Child & Youth Centre
- Dewji Family Speech Language Pathology Clinic in Honour of Naina Dossani
- Helen Aird Carswell Complex Continuing Care Unit
- Margaret Chambers Diagnostic Imaging Department
- Stavro Emergency Department

Looking ahead

Your generosity is transforming Michael Garron Hospital and touching the lives of many of our patients. With the current phase of our historic redevelopment on track for completion in early 2025, the following improvements are still to come:

- Demolition of our outdated A, B, C and F wings is scheduled for early 2024. This will create space for a green outdoor community hub and a U-shaped driveway enabling access to the Thomson Centre's permanent main entrance on Coxwell Avenue.
- Restoration of our original building façade from 1929 will link the hospital's past to our bright future. Also, the historical stained-glass windows from our current lobby will be relocated to a new spiritual care area.
- Renovations to G wing will make way for our new BMO Child & Youth Centre, which will consolidate outpatient paediatric services that are currently spread throughout our hospital. This family-friendly centre will offer patients greater convenience and support collaboration among care providers.

- Our Margaret Chambers Diagnostic Imaging Department, located in H and K wings, will be refurbished to enhance the patient experience and increase efficiency. Already, leading-edge MRI and CT scanners have been installed in the department, and patients are receiving ultrasound imaging services in a state-of-the-art unit in the Thomson Centre.
- Outpatient mental health services for children and adolescents will move into a renovated space in K wing. These more comfortable and uplifting facilities will help support young people experiencing conditions such as anxiety, depression and eating disorders.

Thank you for your ongoing support in making all of this possible.

Our hospital will always need to keep pace with evolving demands, emerging knowledge and technological innovation. And with exceptional donors like you at our side, we'll continue to rise to the opportunities and challenges ahead.



A rendering of our hospital's future main entrance once redevelopment is completed in early 2025.



Stronger and better. Because of you.

Michael Garron Hospital is a better, stronger heart of the east. And we have you to thank for our progress as we work to address evolving healthcare needs.

We continue to rely on the support of people like you, so that everyone can rely on us for great care inspired by community.

Every gift matters, and the impact of your generosity is felt across East Toronto and its surrounding areas.

To donate or learn more, visit MGHF.CA

Share your story

Tell us why you choose to support Michael Garron Hospital. Your story could inspire others to do the same. Post it on social media using #HeartOfTheEast, or get in touch with us. We'd love to hear from you.

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